



## Slow-Cooker Warm Artichoke and Crab Dip

READY IN



130 min.

SERVINGS



34

CALORIES



95 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 cup mayonnaise
- 0.5 cup cream sour
- 2 oz parmesan shredded
- 0.5 teaspoon lemon zest grated
- 2 tablespoons juice of lemon fresh
- 0.5 teaspoon salt
- 0.5 teaspoon pepper
- 16 oz lump crab meat
- 14 oz artichoke hearts drained chopped canned

- 8 oz mozzarella cheese shredded
- 4 cloves garlic finely chopped
- 0.3 teaspoon hot sauce red
- 1 serving round buttery crackers assorted

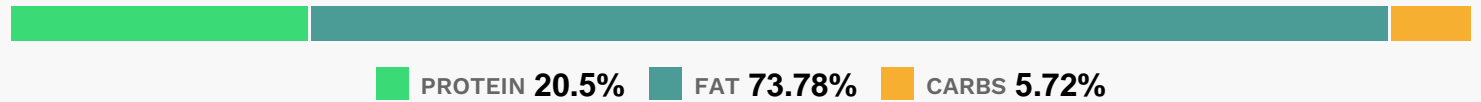
## Equipment

- slow cooker

## Directions

- Spray 2 1/2- to 3 1/2-quart slow cooker with cooking spray. In slow cooker, mix all ingredients except crackers until well mixed.
- Cover; cook on Low heat setting 2 hours.
- Serve dip warm with crackers.

## Nutrition Facts



## Properties

Glycemic Index:4.88, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:3.9517391038978%

## Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 95.07kcal (4.75%), Fat: 7.7g (11.85%), Saturated Fat: 2.3g (14.39%), Carbohydrates: 1.34g (0.45%), Net Carbohydrates: 1.13g (0.41%), Sugar: 0.39g (0.43%), Cholesterol: 16.77mg (5.59%), Sodium: 305.26mg (13.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.81g (9.63%), Vitamin B12: 1.39µg (23.13%), Vitamin K: 11.26µg (10.73%), Selenium: 6.72µg (9.59%), Zinc: 1.06mg (7.09%), Phosphorus: 70.31mg (7.03%), Calcium: 65.12mg (6.51%), Copper: 0.13mg (6.42%), Magnesium: 9.3mg (2.32%), Vitamin B2: 0.04mg (2.29%), Folate: 7.52µg (1.88%), Vitamin C: 1.48mg (1.79%), Vitamin E: 0.26mg (1.76%), Vitamin A: 86.98IU (1.74%), Vitamin B6: 0.03mg (1.56%), Potassium: 42.74mg (1.22%), Manganese: 0.02mg (1.01%)